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Nutrition Exam Study Guide

CHAPTER 5 & 6 +wiki Notes + Quia Quiz + Chapter 5 Packet

- Nutrients (definition)
- Calories (definition)
- Hunger vs. Appetite
- Influences on Your Food Choices
 - Emotions, Environment, Culture etc.
- Carbohydrates
 - cals/gram
 - % of diet
 - Simple vs. complex
 - Stored and transported as what?
 - Food Examples of subtypes
 - Fiber
 - Role in exercise?
- Proteins
 - cals/gram
 - % of diet
 - Incomplete vs. complete
 - Roles in exercise
- Fat
 - cals/gram
 - % of diet
 - Stored as
 - Saturated vs. unsaturated
 - Role in exercise
- Vitamins
 - Role
 - Fat soluble vs. water soluble (examples)
- Minerals
 - Role
 - Examples
- Water
 - Role
- Moderation (sugars, fats, salt) What diseases can too much cause?
- Identifying sugars (-ose)
- Eating disorders
 - Anorexia vs Bulimia
- Glycemic Index. What is it? What foods are high on the index?
- Fad Dieting Definition and examples of popular diets
- Dissecting Food Labels for calories from carbohydrates/protein/fat
- Dissecting Food Labels for % of overall calories from carbohydrates/protein/fat